

**Replies to Examiner's remarks**

1. The examiner's remarks indicate that the claims have to be rewritten.
2. Claim 1 in the revised claims is a description of the crank and pedal assembly and is essentially the original Claim 1 written differently.

The claim implicitly states that assembly has only three one-piece components that move relative to each other during cycling. The first component is the crank arm (2), which has cavities (6 and 9). The second is a shaft (5) with its ends fixed to a plate (7) and a pedal (4). The third is a bar (10) with one end fixed to a pedal spindle (11).

The claim also states that the plate (7) is inside the cavity (6); the bar (10) is inside the cavity (9); and the shaft (5) is coaxial with the pedal spindle (11).

The construction of this crank and pedal assembly is unique. In the references listed, all crank and pedal assemblies have more than three one-piece components that move relative to each other.

3. Claim 2 in the revised claims is unique. My invention is the only crank and pedal assembly in which the effective length of the crank arm changes in the manner described. In the references, the effective length only has one arm direction with the maximum length and one direction with the minimum length. For all other directions, the length is either increasing or decreasing.
4. Claim 3 in the revised claims is unique. My invention is the only crank and pedal assembly that changes the distance between the axes of the crank axle (1) and the pedal spindle (11) by rotating a plate (7) inside a cavity (6).
5. Dwight's patent cannot be included in the list of references in my patent. It does not have a self-extending and retracting bicycle crank arm because distance between the axes of the crank axle and the pedal spindle is fixed during cycling.